

Bittrich: A helping hand and carb loading

Lauren checks in with two new blogs

Monday, Sept. 19 – Twice the Running: "The Duxbury High School Girls' Cross Country team will be carb-loading tonight, and for good reason. We have a meet against Pembroke and Middleboro tomorrow, and then the rescheduled 'rain' meet against Silver Lake on Thursday. If there was ever a time to focus, it's now. Our regular season isn't that long, and our league isn't particularly large, so these two meets have a lot of impact on our team record - not that anybody needs to be reminded. Regardless, Coach McLeod has been upping the mileage on us in practice, making sure we 'push every hill', and being extra diligent on catching the people who don't really do the ten pushups during core work-out. He knows just as well as we do exactly what we are up against, and with our loss to Scituate failure is just not an option."



Lauren Bittrich

cancelled, and no one was fond of idea of doing sprint-workouts in a snowstorm.

Here is where we would like to thank the boys and girls freshman soccer team - who by no fault of their own was stuck with thirty runners sitting in their aisles, on their backpacks, and very loud. It was a packed and crazy trip, but we made it to Scituate mildly winded, in one piece, and ready to run against quite literally a sea of blue."

Wednesday, Sept. 14 – Sea of Blue: "Yesterday marked the very first meet of the season, and for the first time in a long time for the Girls Cross Country team, we were going to run in the sun. Given the fact there was not a cloud to be spoken for the day seemed to be off to a good start, and yet the problems began before we left the school. Our bus, the one that was going to transport both the girls and boys team to Scituate for 3:30 broke down on its way to pick us up. It was evident: our season was going to head into winter if meets kept being

Each week, we will post an excerpt from Lauren's blog. To read the rest of it, you can check out Lauren's cross country blog by going to our Wicked Local blog directory. Scroll down the page until you find the section labeled, "Reader Contributed Blogs," and in that section, you will find a link to Lauren's blog. <http://blogs.wickedlocal.com/directory-south/duxbury.php>.

Lauren Bittrich is a senior at Duxbury High School. In addition to being a marathoner and avid writer, she is captain of the cross country and track teams.

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